

GAMYU

PUBLIC NOTICE

This is to inform you of the Election Board intent to solicit comments from the community for any noted changes and additions to the Tribal Constitution and current election ordinance. We seek your advice and will receive public comment until August 4th, 2011.

We would like your written comment on the following noted items:

Qualifications for office

Recall procedures and signatures

Qualifications of Council members running for office;

Residency requirements

Arrest convictions

Primary Language requirements

Age requirements

Employment Status (Government, Tribe, Grand Canyon West Board Member of Board or Commissions)

THE HUALAPAI ELECTION BOARD

July 22, 2011



Issue #15



HWAL'BAY MA:J Enterprises, Inc.

Board of Directors

Vacancy Announcement

Posted July 14, 2011

The Hualapai Tribe is seeking a qualified candidate for the HWAL'BAY BA:J Enterprises, Inc. ("HBBE") and 'SA'NYU WA, Inc. ("SNW") Board of Directors, One position is vacant.

HBBE, doing business as Grand Canyon Resort Corporation, operates Grand Canyon West, Grand Canyon Skywalk, Hualapai Lodge, River Runners and related businesses. SNW operates the Skywalk. Successful applicants will be interviewed and selected by the Hualapai Tribal Council.

Qualifications - knowledge of hospitality and tourism operations, finance, law, marketing and/or business development. Board members are compensated for reasonable expenses to attend monthly meetings in Peach Springs, Arizona and are paid a nominal board fee. Board meets monthly. Committee work will also be expected.

Send a letter of interest and resume to:

Grand Canyon Resort Corporation
Attn: Chair Woman Louise Benson
P.O. Box 179/941 Hualapai Way
Peach Springs, Arizona 86434
Fax: 928-769-2343

All applicants will be required to undergo a thorough background investigation.

All applications must be received by August 1, 2011

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**HUALAPAI TRIBAL COUNCIL
RESOLUTION NO. 38-2011
OF THE GOVERNING BODY OF THE
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION
PEACH SPRINGS, ARIZONA**

(Tribal Membership Enrollment – 9)

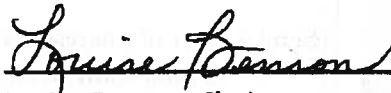
WHEREAS, the Hualapai Tribal Council has the responsibility of enrolling members pursuant to the Ordinance of the Hualapai Tribe of Peach Springs, Arizona, Enrollment Procedures Act.

NOW THEREFORE BE IT RESOLVED, that the following applicants are approved:


1. HAVATONE, Cameron Isaac Radler
2. MARTINEZ, Kenyon Marillo Wallace
3. PARKER, Diolysa Dalmaria
4. QUERTA, Vince Calvin
5. SUATHOJAME, JR., Willie
6. TSOSIE, Mahlee June
7. WALEMA, Clark Tyson
8. WALEMA, Treighton Deanard
9. WESCOGAME, Rondo Dallas Paul

CERTIFICATION

I, the undersigned as Chairwoman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed of nine (9) members of whom (6) constituting a quorum were present at a Regular Council Meeting held on this 9th day of July 2011; and that the foregoing resolution was duly adopted by a vote of (6) in favor, (0) opposed, (0) not voting, (3) excused, pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.


Louise Benson, Chairwoman
HUALAPAI TRIBAL COUNCIL

ATTEST:


Adeline Crozier, Assist. Secretary

GAMYU?

From: Richard A. Walema, Sr.

Subj: Congratulations

I'd like to Congratulate Mrs. Louise Benson and Candida Hunter for the running to fill the Chairman's position. As the Acting Chairman and keeping focused as the Vice-Chairman too was also an interesting job with trying to deal with everyday traffic of concerned tribal members coming in either just to sit and chat, or present informal or formal complaints. Whether if it is the Prosecutors department, Housing, Law Enforcement, The Tribal Courts, staff members condoning themselves in an unprofessional manner to the public, or traveling to meetings in either in state or out of state.

With my presence at the Inter-Tribal Council of Arizona recently I have been nominated to sit in that group of distinguished tribal leaders and learn more about the issues of tribal affairs and the Inter-Tribal Council of Arizona which Incorporates 20 member tribes and their respective tribal governments that has a major responsibility for the promotion of the well-being of the tribal population in Arizona and is surely a learning experience, everyday as a Tribal Leader I learn something new.

During the vacancy of a Chairman. I have advised Directors' that the ship must keep moving.

We will continue to have the Diamond Bar Road and West Water project rolling. This efforts is done as a team effort. With the Departments Directors keeping me informed we are still a float and the ship hasn't sunk yet.

Some of you tribal and community members that see me here at the office late in the evenings its quite hours to catch up on my reading and see what other messages that needs to be handled, so I'm ahead of the ballgame.

But now that we have a Chairwoman to lead the Nation has brought me back down to earth and concentrate on my duties as the Vice-Chairman of the Hualapai Nation use my Ethics: Uncompromising professional behavior that protects the community sovereignty, individual rights and inspires public confidence in the tribal governments system.

As an individual and on the personal side of my life I wish one day I'd get a grasp of dealing with my own topics, overall as I reflect back to my swearing into office, I try not to divert to turn in the opposite directions. Keeping moving and not distracting the attention from what burdens and distresses my political agenda.

Thank you, Tribal Administration for your support and the excellent efforts each and everyone of you have contributed. Keep all the good and professionalism you conduct everyday. To my children and friends who have to put up with the way I am. But it's my character that gets me in trouble. But you all have been wonderful with me. As I look back, maybe that's why all though I was married. I've never been a full time Husband or Father. As a military man, BIA Police Officer, and now as Vice-Chairman on the go all the time, one day the gas will wear out – when the tank is empty. I'll lay down and fade away.

The Tribe is waiting for the demolition crew to start blasting on Diamond Bar Road. We have our team. Waiting for Phase II Tribal Roads Dept. are out in the area of Westwater to start checking water out to West end and we will have a discussion with the Grid Power Lines to start with that program if not while I am your leader. But as new one takes over. The projects that past leaders scoped out and the young and the restless Council will take it by the bridles and gallop away. By the time this is edited and distributed to the community I will have 317 days in office. We as a Tribe of the tall pines have to keeping marching on and no half stepping.

Sincerely,

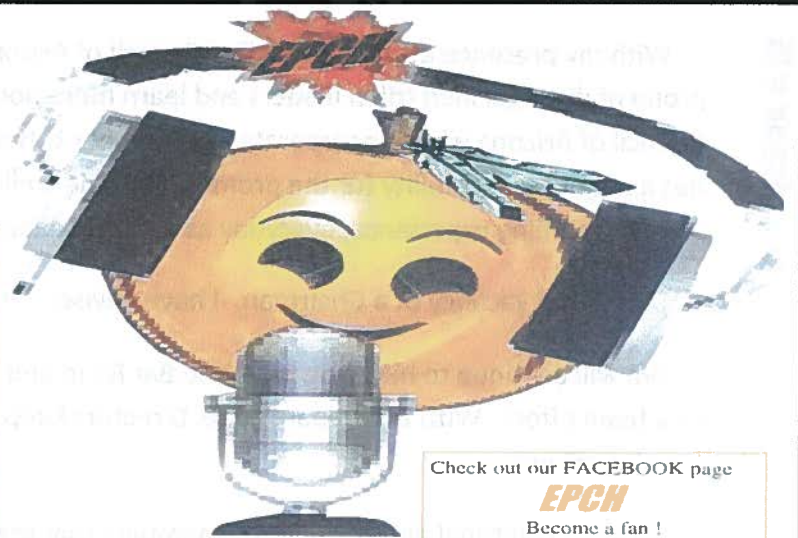
Vice-Chairman, Walema

Vice-Chairman, Walema

E-PCH

CHECK IT OUT!!!!
Special **EPCH** youth event
TRAIL/Diabetes and Physical
Activity Health training

Don't forget to listen at :
www.kidstar.org
Select network stations



Check out our FACEBOOK page

EPCH

Become a fan !

See photos of the youth broadcasters in action and receive updates about scheduling and programs and notices about special events and special guests.

PEACH SPRINGS YOUTH RADIO

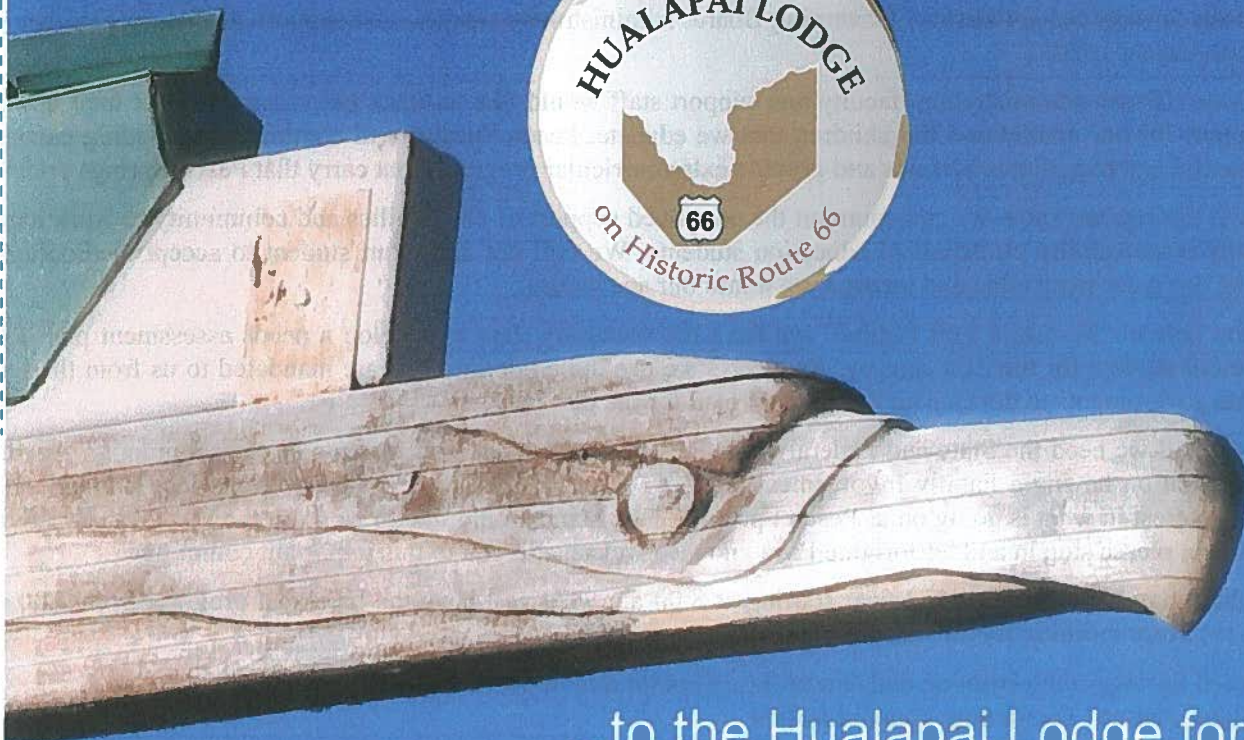
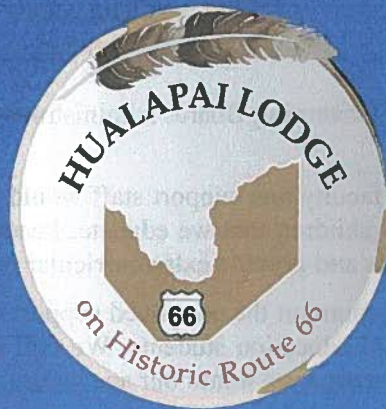


Approximately 15 community youth recently had the opportunity to attend an educational program sponsored by the EPCH youth radio and the NARCH 5 "Each One, Reach One" project conducted by University of Arizona public health researchers and staff, assisted by Boys and Girl's club staff, and including local speakers. They learned about diabetes, the value of physical activities and some fun ways to make healthier food choices; had a healthy lunch and won lots of music related prizes. Look for what they learned to be shared with the community in an upcoming serial radio drama about these health issues- to be written and performed by local youth and broadcast on **EPCH**.

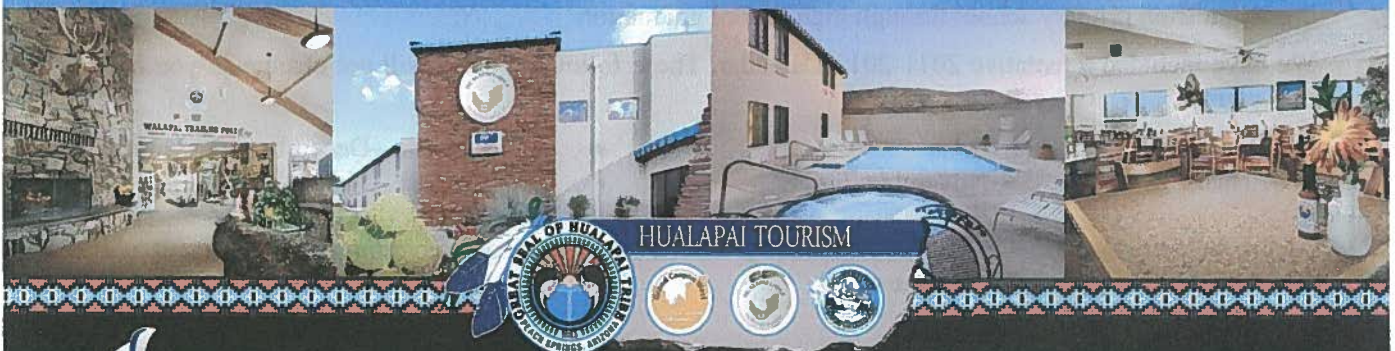
For more info call Terri Hutchens at 769-1630 or 769-1110.

Bring us music you would like to hear played on the station on CD or MP3.

Congratulations!



...to the Hualapai Lodge for receiving its AAA 3 diamond rating!



BEST AMERICAN
DESTINATIONS

*This has been submitted by Best American Destinations
Marketing and Public Relations for Hualapai Tourism*

Education & Training Information

School's Open August 1

Welcome back!

Scott J. Dunsmore
Superintendent

The Peach Springs School District Governing Board, administration, faculty and support staff welcomes you back to school August 1, 2011.

The School Board, administration, faculty and support staff would like to thank our community for their unwavering support for our district and the children that we educate. Peach Springs will continue in providing exemplary fundamental and remedial academics and provide extra-curricular programs that carry that Peach Springs pride.

At Peach Springs we know we can count on the continued support of our families and community to work together accepting responsibility on behalf of education students. We will not allow our student to accept mediocrity. We will take our great work ethic and incorporate it into our academics.

With the federal "No Child Left Behind" we have the necessary data to develop a needs assessment plan to best prepare our student for the 21st century. As always we use the guidelines that are mandated to us from the federal and state governments to develop an educational plan for the district.

Not only will we need the State and Federal guidelines, we need input from parents in our community. Again this year we plan on having a Family Involvement Action Team (FIAT) that will meet at least once a month. If you have an interest in what is going on at Peach Springs Schools and would like to work on the FIAT/Parent Advisory Committee, please stop in and let Jorigine Paya know so we can add you to this important committee.

The school day is the same as last year starting at 8:00 a.m. We will have the breakfast program from 7:00 a.m.-7:45 a.m., every morning for all students.

The Peach Springs administration and educators are committed in providing for every student:

- School - home - community communication
- Articulated district wide curriculum
- Accountability in the basic fundamentals of math, English, reading and science
- Enhancement of criteria thinking skills
- Valid district pre and post testing instruments
- Comparison of local achievement by the use of state and national testing instruments.
- The promotion of highly attainable expectations
- A safe learning environment
- The reinforcement of responsibility in academics, extra-curricular activities and social skills

Studies have shown that there is a positive correlation between student's success in school and responsible parental involvement. Responsibility promoted at home increases student's success at school. Parent involvement is equally important from primary school through high school graduation.

We have included a tentative 2011-2012 Calendar. These following dates will not change so you can make necessary plans.

- | | |
|-------------------------------------|--|
| • Fall Break—October 10-14 | • Winter Break—December 19 - January 1 |
| • Thanksgiving Break—November 23-24 | • Spring Break—March 12-16 |

Again, welcome back to the 2011-2012 school year. We always welcome community involvement and feedback, so please feel free to stop in or give me a call.

Scott Dunsmore
Superintendent
Peach Springs USD #8
928-769-2202

Peach Springs Unified School District #8

2011/2012 School Calendar

July

S	M	T	W	TH	F	S
					1	2
3		5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Days 0

Independence Day
18-20 New Teachers Orientation
25 Teachers Return

August

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Days 19

1 First Day of School

September

S	M	T	W	TH	F	S
				1	2	3
4		6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Days 16

Labor Day
29 1st Quarter

October

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Days 13

4 Parent/Teacher Conference
10-13 Fall Break

November

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Days 16

23-24 Thanksgiving Break

December

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Days 13

15 2nd Quarter
19-20 Christmas Break

January

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15		17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Days 13

Martin Luther King Day

February

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19		21	22	23	24	25
26	27	28	29			

Days 16

President's Day

March

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Days 13

8 3rd Quarter
12-15 Spring Break
20 Parent/Teacher Conference

April

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8		10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Days 16

Spring Day
16-26 AIMS Week

May

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Days 15

Memorial Day
24 Last Day of School/4th Quarter

June

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Days 0

Total School Days 150

Holiday
Non School Day
Important Dates
AIMS Week

End of Grading Period
Parent/Teacher Conference
Friday Non School Day

PEACH SPRINGS ELEMENTARY SCHOOL
MORNING BUS RUN
KINDERGARTEN THROUGH 8TH GRADE
2011/2012

6:20am	Truxton area
6:25am	Music Mountain High School Residential area
6:40am	Milkweed - Blake Watahomigie Ron & Collette Quasula Cheryl Honga
6:42am	Leatrice Smith Joel J. Querta
6:45am	Eva Sullivan Marilyn Bravo Juliet Steele Marissa Sullivan Clarence Walker
6:47am	Bryant Smith, Jr. Della Cook
6:48am	Gloria Susanyatame Kent Whatoname
6:50am	Buck N' Doe— Cornelia Yazzie
6:53am	Music Mountain Road—Donna Herrea
6:54am	Ava Bravo Dorita Beecher Erica Randall
6:56am	Sam Bender
6:58am	Bonita Manakaja Erica Mapatis
7:00am	Thomas Grover intersection
7:10am	China Town
7:15a	Arrival at Peach Springs Elementary School

**bus schedules maybe changed as needed*



HEY!!!

IT'S ALMOST TIME TO START SCHOOL AGAIN!!

Peach Springs Elementary School is scheduled to begin

on

Monday, August 1st, 2011 -

PLEASE REMEMBER - For the safety of the children and staff we require that children be dropped off at the same bus pick up daily - It is difficult for the new bus drivers to familiarize themselves with the stops and the children at the stops if there are constant changes. Please work cooperatively with us to assure the safety of the children to and from school.

We encourage parents to wait at their child's bus stop both for the pick up and drop off daily.

KINDERGARTEN THROUGH 8TH GRADE ARE ABLE TO BOARD THE BUS TO AND FROM SCHOOL THIS YEAR!!!



SELIGMAN BUS SCHEDULE
Peach Springs School District Bus schedule
Transportation to Grand Canyon Caverns for pick up
2011/2012

HIGH SCHOOL STUDENTS ONLY WHO ARE ENROLLED IN THE SELIGMAN HIGH SCHOOL DISTRICT

Milkweed Springs #1 (first turn into Milkweed Springs)	6:15am
Milkweed Springs #2 (second turn into Milkweed Springs)	6:16am
Buck & Doe #1 (first turn into Buck & Doe Circle)	6:17am
Buck & Doe #2 (second turn into Buck & Doe Circle)	6:18am
Veterans Park across from the Hualapai Lodge	6:25am
Peach Springs Elementary School parking lot	6:26am
Multi-Purpose Building	6:27am
Hualapai Housing Office	6:30am
Grand Canyon Caverns	6:45am

The Seligman bus leaves the Grand Canyon Caverns at 6:45 AM
(schedule is subject to change)

KINGMAN BUS SCHEDULE
Peach Springs District Bus Schedule
Transportation to Truxton Arizona
2011/2012

HIGH SCHOOL STUDENTS ONLY WHO ARE ENROLLED IN THE KINGMAN HIGH SCHOOL DISTRICT

Milkweed Springs #1 (first turn into Milkweed Springs)	6:15am
Milkweed Springs #2 (second turn into Milkweed Springs)	6:16am
Buck & Doe #1 (first turn into Buck & Doe Circle)	6:17am
Buck & Doe #2 (second turn into Buck & Doe Circle)	6:18am
Crozier Residence	6:19am
Hualapai Lodge	6:25am
Hualapai Housing Office	6:27am
Multi-Purpose Building	6:29am
Peach Springs Elementary School	6:30am
Truxton Station	6:45am

The Kingman bus leaves the Truxton Station at 6:45am
(Schedule is subject to change)

As per Arizona revised Statues, Title XV, only students enrolled in the PSUSD#8's schools, or student's tuitioned out to other schools are eligible for transportation services provided by the school district. In addition, students enrolled in other school districts other than tuition students are not eligible for insurance coverage from the Arizona School Risk Retention Trust, Inc. PSUSD#8 will NOT, therefore, transport any students grades K-8 to the drop off points for high school tuition students at Truxton and the Grand Canyon Caverns.

(REVISED 08/10/2009)

Health & Safety Information

DEVELOPMENT OF ANTI-BULLYING PROGRAM HUALAPAI HUMAN SERVICES



HUALAPAI NATION

GUIDELINES

HUALAPAI HUMAN SERVICES SAMPLE DEVELOPMENT OF ANTI-BULLYING PROGRAM TO BE PROVIDED IN THE ELEMENTARY SCHOOL, HUALAPAI HEADSTART AND TO THE CHILD CARE PROVIDERS.

Statement of Intent:

We are committed to providing a caring, friendly and safe environment for all of our children so they can learn in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our school and childcare providers. If bullying does occur, all children should be able to tell and know that incidents will be dealt with promptly and effectively. We are a Telling Program. This means that anyone who knows that bullying is happening is expected to tell the staff or provider.

What Is Bullying?

Bullying is the use of aggression with the intent of hurting another person.

Bullying results in pain to the victim.

Bullying can be:

Emotional	being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures)
Physical	pushing, kicking, hitting, punching or any use of violence
Racist	racial taunts, graffiti, gestures
Sexual	unwanted physical contact or sexually abusive comments
Homophobic	because of, or focusing on the issue of sexuality
Verbal	name-calling, sarcasm, spreading rumors, teasing
Cyber	all areas of internet, such as email & internet chat misuse mobile threats by text messaging & calls misuse of associated technology i.e. camera & video

Why is it important to respond to bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Children who are bullying need to learn different ways

of behaving.

Schools have a responsibility to respond promptly and effectively to issues of bullying.

Objectives of this Policy

All, teaching and non-teaching staff, children and parents should have an understanding of what bullying is.

All, teaching and non-teaching should know what the school policy is on bullying and follow it when bullying is reported.

All children and parents should know what the school policy is on bullying and what they should do if bullying arises.

Children and parents should be assured that they will be supported when bullying is reported.

Bullying will not be tolerated.

HUALAPAI HUMAN SERVICES ANTI-BULLYING SURVEY

- Has anyone ever called you a name?

- Has anyone ever told you that you can't be friends?

- Has anyone ever hit, kicked or pushed you?

- Has anyone ever threatened you?

- Was someone mean to you because of how you looked?

- Did you tell anyone about any of these incidents? Why or why not?

- Have you ever seen someone else being bullied?

- Have you ever called someone else a name, hit or been mean to someone?

- Has anyone ever made you cry by calling you names?

- Has anyone ever taken things from you without asking?

- Have you ever made anyone cry?

- Have you ever thought of hurting someone that hurt you?



Dr. Robyn Purdum Chiropractor

**August 2nd, 3rd, 4th &
5th, 2011**

**August 23rd, 24th, 25th,
26th & 27th, 2011**

Call Dr. Purdum today at

480 285-9541

**to set up your appointment
in Peach Springs!**

Robyn has been practicing the science, art and philosophy of Chiropractic and natural healing for over 15 years. Robyn has donated her time and services, at numerous Native American events all across the state since she arrived in Arizona. Robyn has a deep belief in the traditional Native ways of healing and has a sincere passion to serve her Native peoples in a good way. She is an enrolled tribal member of the Shawnee Nation.

- Chiropractic care is not just for relief of back, neck, arm or leg pain. It can help you live a healthier life.
- Chiropractic care can help you reduce and often times eliminate the need for over-the-counter and prescription drugs, all of which have side effects whether you feel those side effects or not.

Your Partner
for Health

CONTACT DR. ROBYN PURDUM at

480 285-9541

Mesa, AZ 85203

northgatedc@yahoo.com



All One People
Chiropractic, Inc.

!!ATTENTION!!

HEAD START PARENTS

"BACK TO SCHOOL WELLNESS FAIR"
AUGUST 1-3, 2011
PEACH SPRINGS HEALTH CENTER

Schedule your child's Head Start Physical August 1-3, 2011 and join in the fun! Other programs will be present to make the visit even more FUN! Together we can help the children start a Healthy New School Year!

APPOINTMENTS: 769-2920

Summer Is Here
Hualapai Nation



Let's Remember to Buckle Up
when getting into any type of vehicle

A Message From
Tribal Motor Vehicle Crash
Injury Prevention Project

LSH 7/14/2011



Mother to stand trial on charge of homicide by vehicle while DUI

By Kathie O. Warco, Staff writer kwarco@observer-reporter.com

The mother of a 4-year-old girl faces charges of homicide by vehicle while driving under the influence of alcohol and homicide by vehicle in connection with the Feb. 4 crash that killed her daughter and injured a second child.

Jennifer C. Ruttinger, 32, of Aliquippa, was arraigned Tuesday before District Judge Valarie Costanzo on multiple charges that also included aggravated assault by motor vehicle while under the influence of alcohol; driving under the influence of alcohol; endangering the welfare of children, and reckless endangerment. She also faces several traffic violations including failure to use restraint systems.

Ruttinger had a blood-alcohol content of 0.23 percent, almost three times the 0.08 percent presumed for intoxication when her vehicle went off Route 22/30 near the Bavington exit, Robinson Township, and rolled over.

Rylie Ruttinger, who was sitting behind the front passenger seat, was ejected from the vehicle and found on a hillside north of the westbound lane. She was pronounced dead at Children's Hospital of Pittsburgh of UPMC of head and chest injuries less than two hours after the crash.

State police said the girl was in a booster seat that had been loosely secured in the sport utility vehicle, allowing it to wiggle and move from side to side.

The girl's 6-year-old sister, Harley Ruttinger, was still in her safety seat. She also was taken to Children's for treatment. Jennifer Ruttinger was taken to Allegheny General Hospital.

State police said Ruttinger had been driving west when she apparently failed to keep her vehicle in its lane of travel. She drove off the travel lanes, onto the berm and into a grassy median, where police said the vehicle rolled violently.

John Breitell and Doug Karas, no addresses available, were also driving on Route 22/30. The two men had to take evasive action to avoid colliding with Ruttinger's vehicle.

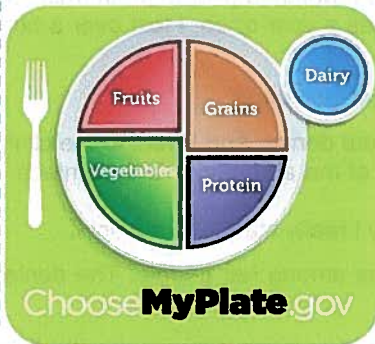
Ruttinger told a McDonald firefighter who was treating her at the scene that she was coming home from a girlfriend's residence and admitted to drinking that evening.

Costanzo set bond at \$150,000 unsecured, based on the recommendation of the Washington County District Attorney's office, and Ruttinger was released. Defense attorney Vincent Tucceri also asked that Ruttinger's preliminary hearing on the charges be waived Tuesday. Costanzo had planned to schedule a hearing on the case in Central Court later this month. The case will be sent directly to the Court of Common Pleas.

Make MyPlate your plate

By Tom Vilsack / USDA Secretary

Wednesday, June 8, 2011



For Americans to lead happy, productive lives it helps to stay healthy, active and fit. It's really pretty simple. Choose a healthier plate, and balance it with exercise. In the end, it comes down to the choices we make.

That is why I was excited this week to be joined by First Lady

Michelle Obama and Surgeon General Dr. Regina Benjamin to introduce USDA's new food icon – MyPlate – a simple reminder to make healthy food choices.

We all know that what we eat matters, and MyPlate offers a visual reminder to make healthy food choices when you choose your next meal. MyPlate looks just like our plate at mealtime. It can help prioritize food choices and remind us to make fruits and vegetable half of our plates each meal. On the other side of the plate – and beside it – we see the other important food groups for a healthy meal: Whole grains, lean proteins, and low fat dairy.

MyPlate will replace the Food Pyramid as the government's primary food group symbol. Built off of the most-up-to-date science in the 2010 Dietary Guide-

lines for Americans, it is an easy-to-understand visual to help folks who want to eat healthy.

And what we eat matters. President Obama has called on us to build a growing economy that is working for all Americans by out-innovating, out-educating and out-building the rest of the world. But our workers and leaders will never out-innovate or out-build competitors if they are unhealthy, dealing with heart disease and diabetes. And our children won't get a first rate education if they can't focus in class because they aren't eating right, or are teased because of their weight.

Today, overweight and obesity rates are at dangerously high levels. And the Obama Administration has worked to support Americans who want to improve their health and nutrition.

If you'd like to take a look at MyPlate and learn more about a healthy diet, you can visit www.ChooseMyPlate.gov to get messages, tools, and how-to materials about healthy eating.

This website has information on staying healthy, with tips on balancing calories, foods to increase, and foods to reduce.

I hope you are as excited as I am about MyPlate and the other resources to help Americans make healthy choices at www.ChooseMyPlate.gov

And the next time you sit down for a meal – before you eat – think about what's on your plate. Because in the months and years ahead, we hope that MyPlate becomes your plate.

Wisdom of the Elders Program 4: Health and Healing with Rose High Bear

Delores George and Evelyn Umtuch

Arlie Neskahi: It's no secret that Americans are getting fat. In 1999, 34% of American adults were overweight and an additional 30% were obese. And the rate is increasing. More than twenty million people in America have type II diabetes. In Native America, there are even greater rates of obesity, and an epidemic of diabetes. In today's Health and Healing, Rose High Bear explores the struggle against the disease for two brave women of the Yakama Tribe.

Evelyn Umtuch: When I was younger, I used to weigh three hundred, sixty-nine pounds.

Rose High Bear: Registered nurse, Evelyn Umtuch is a diabetic. She knows first hand the root causes of obesity and the struggle her people face.

Evelyn Umtuch: I came from a poor background. We ate just what we could and Grandma never allowed us any pop or ice cream, or candy and that kind of stuff. So we just lived off the land and Gramma raised cows and that's just how we lived. But ah, after I got married it was like turning a couple of kids loose in school, my husband and I, because we found out we could make our own banana splits. We could do all kinds of stuff that we never ever, ever had before. So then we just both gained weight.

So one day I was sitting in the chair, I was at home by myself. He had just gone to work. And I was sitting in the chair and I looked down and I was hanging over. And I couldn't believe that was me, and I sat there and bawled. And while I

was crying he walked back in. He had this feeling about it, he came back in, and he said, "I knew I had to come back, but I don't know why." And when he came in we sat down and talked. And he says, "Well, I'll go on a diet with you."

Rose High Bear: Over the ages, Native Americans adapted to a feast or famine way of life by developing a slower metabolism and a tendency to store fat. Now, with today's lifestyle of less activity and abundant food, the result is an obese population.

Evelyn Umtuch: First he took away my Pepsi. That was murder. Then he took away my Snickers. And that was a killer. Like every two weeks, we'd take something away. And then he brought a saucer one day and he said, "Whatever goes in this saucer is, that's what you'll eat." And that's how I started losing weight.

Rose High Bear: Delores George is an active sixty five year old Yakama elder, a medicine singer, and traditional artist who is blessed with a positive attitude. When she was diagnosed with diabetes in 1985, she weighed 260 pounds.

Delores George: People talk about alcoholism. Well, food can kill you too, if you don't eat the right things. I didn't join any weight club or anything. I just changed how I thought of food and what I ate. So I switched over to fresh fruits, sugarless drinks, fresh vegetables, everything was baked or broiled. And so, I think it was a year or so, I lost over a hundred pounds. I couldn't believe it was like having a rebirth in life, you know.

Rose High Bear: Unlike Delores, Evelyn Umtuch's battle with diabetes started in her own mind.

Evelyn Umtuch: But it was quiet a shock to me. I wouldn't admit it. I was in complete denial. And I went to the clinic and I talked to Dr. Hadaka. And he brought my chart in and slammed it down in front of me and said, "Okay Umtuch. Let's come to some truths here. You have diabetes. Just face it."

And so I looked at it a long time and I just nodded my head. I think that was the day I really started to accept it.

Rose High Bear: As diabetes coordinator, Evelyn sees the growth of the disease among her people. The denial that she experienced frustrates her efforts to care for the people who need it.

Evelyn Umtuch: I figured we were getting like six people every month, on the average being diagnosed with diabetes. And there's probably a lot more out there.

Evelyn Umtuch: I think that prevention probably is the biggest thing. And we have to start with the young. As a grandmother and a mother, it's up to me to teach my family. They need to be aware that if they keep moving, they can bring their blood sugars down. That's the theme of our Diabetes Program, as a matter of fact is, "Keep Moving."

Wisdom of the Elders Program 8: Health and Healing with Rose High Bear

Jerry Bouchard

Arlie Neskahi: Its true. Type II diabetes occurs in one in seven Native Americans, and there is no cure, but many diabetics are beginning to discover that the risk of serious complications can be reduced with proper diet and daily exercise. It means the difference between living and dying, according to Cowlitz elder, Jerry Bouchard. In today's Health and Healing, Rose High Bear interviews Jerry about his life experience with diabetes.

Jerry Bouchard: You know, I'm 67 and I'll be 68 in December, and it is very hard to be active. I've reached an age when I should be old enough to sit around and enjoy life. And yet with the diabetes, I know I can't do that. With the diabetes, I have to be active somehow or another.

High Bear: Jerry Bouchard didn't have diabetes during his younger years. During high school he played sports, and then as a young adult, he kept active in his work, and went hunting and fishing on the weekends. When an injury sidelined him in 1977, he became sedentary. And then he started to gain weight.

Bouchard: In 1985, my appendix ruptured and I was hospitalized. During the blood work at that hospital, they discovered that I had some high blood sugars. So the doctor brought me into his office.

High Bear: Jerry struggled with the pills and the rigid diet. But sometimes he would pass out from low blood sugar, which made him afraid not to eat. So he began overeating. This caused him to suffer from high blood sugars, and he developed a fatalistic attitude. The resolution I finally came to when I was put on the insulin is that I had diabetes, and my life was going to be shortened, and there was nothing I could do about it. So I continued to abuse my diet. The most I weighed was 317 pounds. And then I went back on the diet.

Everyone is different, and their bodies react to the disease in different ways. So in the process of struggling with his disease, Jerry made an important and life changing discovery: to stay active.

Bouchard: Most of my exercise comes from working in the yard, from wheel barrowing dirt, and digging in holes, and carrying various pieces of concrete around for my wife's Japanese garden, planting trees and shrubs, and making a pond. I am the major carrier of the garbage up and down the steps. And I don't try to minimize trips up and down the steps. And it's good exercise for me. Now, I don't know how many men vacuum floors, but I do. The main exercise that I use is walking. We live on a hill. I go to the top of the hill and I walk down the other side, and then I come back up to our house. But I also do some exercises. I seen it on television. I can sit in my easy chair and do exercises with the rubber band. I do arm lifts and leg stretches and what not.

High Bear: Managing a life with so many restrictions can cause some to have anger, resentment and depression, but this battle within the mind has helped to deepen Jerry's philosophy and his resolve to live.

Bouchard: I wished I could say that I control the diabetes, but I don't. The diabetes controls me. The diabetes dictates when I am going to eat, how often I am going to eat. It dictates how much medicine I am going to take for it. It dictates just about every aspect of my life. Now what I found out, and this is the important thing, is because I have diabetes doesn't mean it is the end of my life. Now I engage in those activities that are fun activities. I know they are healthier alternatives than to just sit around and let the diabetes take its toll.

I want to live. I just didn't want to sit and die anymore. Yes, diabetes is shortening my life, but it doesn't have to shorten it today.

Lowering Your Cholesterol

Blood cholesterol levels are affected by cholesterol in your diet. Fat from animal foods, called saturated fat, can affect your cholesterol level.

► **Lower Your Saturated Fat Intake:** Saturated fat is found in meat products. Foods high in saturated fat are:

Bacon	Lard	Margarine	Gravy
Hot Dogs	Sausage	Chorizo	Butter
Corn Beef	Chicken Wings	Pepperoni	Spam™
Cheese	Ribs	Bologna	Menudo
Shortening	Whole Milk/2%	Hamburger	

You can lower your saturated fat intake by:

- Choose leaner cuts of meat - 90% lean or less
- Limiting meat intake to 2 servings per day - a serving size is about the size of a "deck of cards" or the "palm of your hand"
- Choosing fruits, vegetable, whole grain breads, cereals, rice, pasta and beans in place of high fat foods.
- Using lower fat cheese like part skim mozzarella, low fat or fat free cheese

► **Limit Foods High In Cholesterol**

Eat less of these foods that are high in cholesterol

- Egg Yolks
- Liver & Other Organ Meats
- Use egg whites or egg substitutes such as egg beaters™





► **Use Low Fat Cooking Methods**

- Bake, broil, steam, barbeque or microwave foods
- Use cooking sprays and non-stick pans
- Remove skin and fat from meats before eating

► **Eat Foods Rich In Fiber**

- Try vegetables bean soups
 - Snack on fruits and whole grains
 - Eat vegetable topped pizzas
 - Popcorn
 - Fruits and Vegetables
 - Beans
 - Whole Grains and Bran
- **Exercise**
- Choose an activity you enjoy
 - Try to exercise at least 3 or more times per week for 20 minutes

TRIGLYCERIDE LOWERING PRINCIPLES

PRINCIPLES	CONCERNS	ACTION PLAN
1. Eat Fewer Sweets 	Sodas Syrup Sugar Pies/Cakes Donuts Chocolates Candy Jams/Jellies Honey Cookies Ice Cream Pastries	
2. Eat Fewer Fatty Foods 	<i>Do you eat these foods?</i> Sausage French Fries Butter Cheese Chips Gravies Whole Milk Bacon Mayo Corn Dogs Shortening Fried Chkn Steak Pepperoni	Lower fat ideas... 1. Try crunchy raw vegetable snacks, popcorn, pretzels or rice cakes 2. Select leaner meats such as top round or flank steak 3. Use olive oil when fat is needed to prepare foods. 4. Broil, bake, bbq, boil, steam, or microwave instead of fry. 5. Choose lower fat dairy products
3. Drink Less Alcohol	Wine Beer Liqueurs Mixed drinks 	
4. Eat Fish More Often 	Cod Halibut Haddock Red Snapper Tuna Bass Flounder Salmon Mackerel <i>Ocean fish are good source of omega 3 fatty acids</i>	A tasty fish recipe:
5. Maintain Desirable Body Weight	Eat only when truly hungry Plan to eat structured meals Avoid distractions Take time to enjoy meals Exercise at least 4 days/wk Keep a eating behavior diary	My new and improved nutrition & exercise behaviors: 1. 2.

American Indian and Alaska Native Women

Keepers of Wisdom
To Strengthen the Hearts



Keep the harmony within you—check your blood pressure!

Strength, wisdom, and good health are American Indian birthrights. Our elders taught us many healthy ways that were practiced for many generations. Over time, some healthy traditions have been traded for unhealthy ways that increase the chances of getting some diseases.

Heart disease is the leading cause of death for American Indians and Alaska Natives today. We can do something to prevent heart disease. Knowing your blood pressure can help you prevent heart disease.

High blood pressure has no signs or symptoms. You can have it and not even know it. High blood pressure can cause heart disease, kidney disease, and stroke. Your chance of having high blood pressure is much less if you watch your weight, stay active, use less salt in your food, and cut back on alcohol.

If you have high blood pressure, here are some useful tips:

- ◆ Take extra weight off by eating less and being physically active.
- ◆ Use less salt in your food. Add taste by using spices like paprika, pepper, lemon, and others. Avoid using salt at the table.
- ◆ Drink less beer, wine, and liquor.
- ◆ Take your medicine as your doctor tells you.

Have your blood pressure checked at least once a year.

Go to your doctor or local health clinic to find out more about high blood pressure.

**Know Your
Blood Pressure.**

**140/90 or Greater
is High**



Celebrate good health! Healthy traditions prepare the hearts of tomorrow. Share this wisdom with your family and others.

She lost 110 lbs. — and won beauty queen crown

Bree Boyce, 22, shed nearly half her body weight before being named Miss South Carolina

By Michelle Leifer / TODAY.com contributor TODAY.com contributor / Updated 7/12/2011 10:15:44 AM ET



With her beaming smile and flawless figure, Bree Boyce looks every bit the pageant winner. But the path she took to get there was anything but ordinary. Before being crowned Miss South Carolina July 2, the 22-year-old lost 110 pounds — nearly half her body weight — over three years. "I'm not on any kind of crazy diet; I'm just living a healthy lifestyle, and that's what I try to promote," Boyce told TODAY.com. The aspiring singer from Florence, S.C., lost her weight the old-fashioned way — and hopes to inspire others to do the same. Appropriately, her pageant platform is "Eating Healthy and Fighting Obesity."

Boyce will take her platform national when she competes for Miss America in January. Until then, she'll be traveling around the country encouraging others to get healthy by eating well, exercising, and believing in themselves. "That's really what I want to focus on," she told NBC News in an report that aired on TODAY Tuesday. "It's not about a number on the scale or the size [of] your pants; it's about being a 'size healthy' and loving yourself and having that self-worth."

An overshadowed child. Self-worth is something Boyce struggled with for most of her life. The youngest of four, she says she always felt overshadowed by her siblings — two brothers and a sister, Tiffany. That feeling intensified when Tiffany, six years her senior, started competing in beauty contests. "I loved going to the pageants and seeing how beautiful she was and glamorous she looked, but I also felt like I was kind of being dragged everywhere," Boyce told TODAY.com. "It wasn't that my family wasn't loving and supportive, because they definitely were. But emotionally, I just always felt like I was in the background." To cope with her emotions, she turned to junk food, often sneaking around so that her family wouldn't find out. "When I got my license, it really got bad," Boyce said. "I would run to the local fast food joint, get something and eat it in my car." Or she would eat entire pizzas and then stuff the boxes in the outside trash can before anyone came home. "It got to the point where it was wearing on me emotionally," she said, "because I knew that I was unhealthy and that I was lying to my family."



Wakeup call. The extra weight was also taking a toll on her 5-foot-7 frame. "At the age of 17 I was at my highest, which was 234 pounds," Boyce told NBC News. She was wearing size 18 jeans. When her knees started hurting, she went to the doctor for some relief. What she got was a wakeup call: "He grabbed my legs and thighs and told me that it was time to lose weight," she recalled. He warned that her knees and joints couldn't support her weight, and that she would have more problems in the future if she didn't slim down. Boyce read up on nutrition and learned to cook, favoring white fish and vegetables. She also got moving, walking around the neighborhood at first, then gradually picked up the pace. Now she exercises 30 to 60 minutes every day — two to three hours if she's preparing for a pageant. She credits



her sister Tiffany, now 28, with helping her get in shape. "She's taught me a lot about training and working out. She also reassured me that I could lose the weight naturally and didn't need surgery." Despite her confidence, Boyce admits that the swimsuit portion of the competition was intimidating.

"When I set foot on the stage, I knew that all eyes were going to be on me because of my platform and because I had lost all that weight." So when she found out she

won the swimsuit round, she said, it was the proudest moment of her life. And when she was crowned Miss South Carolina, she told TODAY's Ann Curry Tuesday, "I just thought to myself, 'I did it. I did it all on my own.' 'I did it for myself, and I'm just so thankful to have this platform and to share my success story with everyone,' Boyce added. And right there supporting her when she won was her sister Tiffany. "She was at the end of the runway grabbing my hand, saying 'You did it, you did it!' " Boyce told TODAY.com. "You're going to be the best Miss South Carolina and hopefully the best Miss America ever!"

SHOES & SOCKS

TAKE 'EM OFF

If you have diabetes, we'll check your feet.

Have your feet check during clinic visits

If It's Summer, It's Also Scorpion Season

By: Karin Lorentzen, College of Pharmacy, July 11, 2011

When stung by a scorpion, call 1-800-222-1222 and tell UA poison specialists about your symptoms.

Summer in Southern Arizona brings out the shiny auto sunshades, the supersized water bottles - and the scorpions.

The **Arizona Poison and Drug Information Center**, located at the University of Arizona **College of Pharmacy** in Tucson, reminds citizens of the desert that venomous scorpions share our habitat, and that sometimes we come closer to one another than we want. Since Jan. 1, the poison center has recorded more than 1,000 scorpion stings in its service area, which includes all counties in the state except Maricopa.

"We've had more than 280 stings in June alone, and nearly 700 since April 1, when 'sting season' unofficially begins," said Keith Boesen, managing director of the poison center. "There were a total of 2,535 stings during 2010."

Scorpion stings are quite often very painful, Boesen said, but the majority do not require special medical treatment. Usually washing the site of the sting, applying a cool compress and using a painkiller such as aspirin or Tylenol handles the injury. The pain of the sting may last several minutes to days; numbness brought on by the sting may linger several hours or even days.

Sometimes though, a scorpion sting causes severe symptoms that require fast and expert medical care. These symptoms may include difficulty breathing, uncontrolled jerking, drooling and wild eye movements. The best advice when stung by a scorpion call 1-800-222-1222 and tell the poison specialists about your symptoms.

"Severe symptoms are a result of the scorpion's venom really disrupting the person's nervous system," said Dr. Mazda Shirazi, medical director of the Arizona Poison and Drug Information Center. "Although we have not had a reported death from a scorpion sting in many years, some stings can be life-threatening."

Small children are at highest risk of severe symptoms, Shirazi said, but occasionally adults also require emergency care. "We're fortunate in Arizona now in that we have a scorpion antivenom - a medicine that counteracts the effects of the sting - that we've been testing for five years with very good results," Shirazi said. "Many hospitals across the state have that antivenom to use with their patients. It can save hours and even days of hospitalization for both children and adults, countering the severe effects of the sting very quickly."

Though most of us do not wish to be close friends with the scorpions in our neighborhoods, all of us can benefit from knowing the basics about them.

- The venom that causes pain and other symptoms is in the scorpion's tail, not in its mouth. If you are injured by a scorpion, you have a scorpion sting, not a bite.
- There are 30 species of scorpions found in Arizona. Only one, the bark scorpion, has a venom that can be life-threatening to people.
- The bark scorpion is only about an inch and a half long when fully grown. It is light tan in color and has slender tail segments and pincers.
- Because it is much smaller than many other scorpion species, people sometimes mistakenly describe the adult bark scorpion as a "baby".
- Scorpions are relatively inactive during the daylight. The majority of stings reported to the poison center occur at night during the warm summer months.
- Bark scorpions burrow and hide from view in daylight. If they are inside your house, they will go to corners, closets, shoes, toy bins - anywhere dark and cool.
- Scorpions don't "attack" people in the sense that they come after you. Stings occur when you step on, roll over on or otherwise touch or come very close to a scorpion. Wearing shoes and shaking out clothing and bedding is a good precaution against stings.
- Scorpions have a natural fluorescence that is very visible under ultraviolet light. You can use a "black" light, usually available in hardware stores, to find scorpions inside or outside your home.
- The best climber of the scorpion species, the bark scorpion is agile enough to climb up walls or the legs of furniture. If you live where scorpions are common, you may want to protect infants from possible stings by placing the legs of cribs inside glass containers. The glass is too slippery for the scorpions to climb.

Scorpions have existed for millions of years, and their natural defenses make it hard to exterminate them from your property.

One of the best ways to keep them from inside your house is sealing up all the possible points of entry-a crevice big enough for the edge of a credit card provides plenty of room for a bark scorpion to enter.

Thanks and Gratitude

We would like to express our sincere gratitude and thanks and to acknowledge those who assisted with the services for our loved one.

River Running, GCRC, Lodge, Boys & Girls Club, Hualapai Tribe, Recreation, Public Works, Custodial, Kingman First Assembly, Church of Jesus Christ of Latter Day Saints, Randy Stockdale - Let's Go Tours, Monica Romo, Lisa Gala, "Chuck" Cook, Rosemary Sullivan, Tisha Suminimo, Mervin Brown, Mr. & Mrs. Wayne Whatoname, Jr., Mr. & Mrs. Harlan Dennis, Mr. & Mrs. Jim Goomes and all others who contributed and travelled a distance to be with us.

Thank you,
Dashee-Suminimo Family

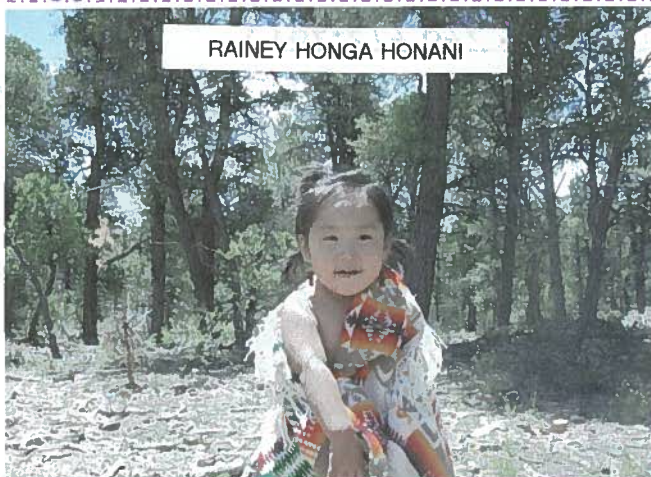


Happy 4th Birthday



Happy 4th Birthday to my Shy-Shy. Hope you enjoy your special day and get what you wanted.

Love, Mom, Fletch, Tito, Lia & Baby Rondo



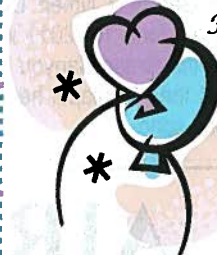
RAINEY HONGA HONANI

DEADLINE FOR GAMYU ARTICLES (ISSUE #16) WILL BE ON FRIDAY, JULY 29, 2011 BY 5:00 P.M.

PLEASE REMEMBER TO ATTACH AN INFORMATION SHEET WITH YOUR ARTICLES.

ALSO, ALWAYS REMEMBER TO RECYCLE YOUR GAMYU ONTO YOUR FAMILY, FRIENDS AND/OR NEIGHBORS.

Happy Birthday



Happy Birthday to Jovonna Cook, July 11, 2011... Auntie, I'm sending you a birthday wish to heaven, it's been a struggle without you here, nothing is the same. You're craziness is missed. The comfort you bring. I miss your advice you gave me. You always said life is a struggle and tomorrow will be better than today. I just want to say Happy Birthday. Tell my mom, uncles, grandma and baby bro I said Hey.

Love always, Carissa Cook



Happy 4th Birthday to Melodee Talieje

To my little baby niece, you are growing bigger everyday that I seen you. Auntie and baby nushie love spending time with you, the joy and happiness that you bring. Just wanted to say Happy Birthday.

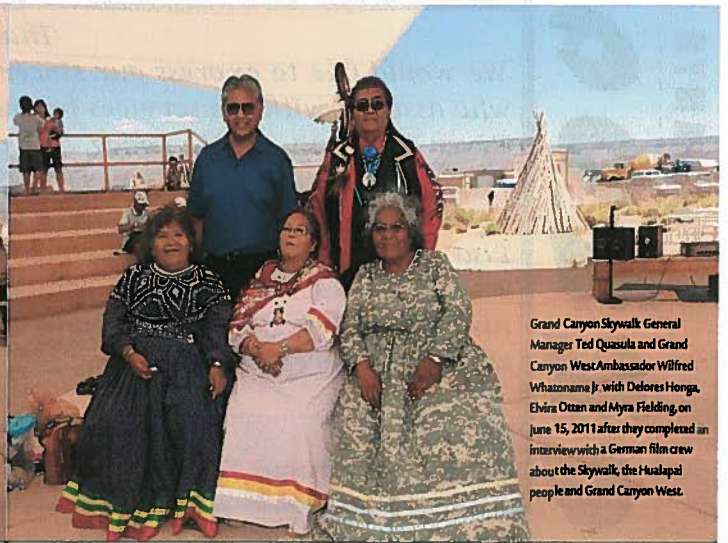
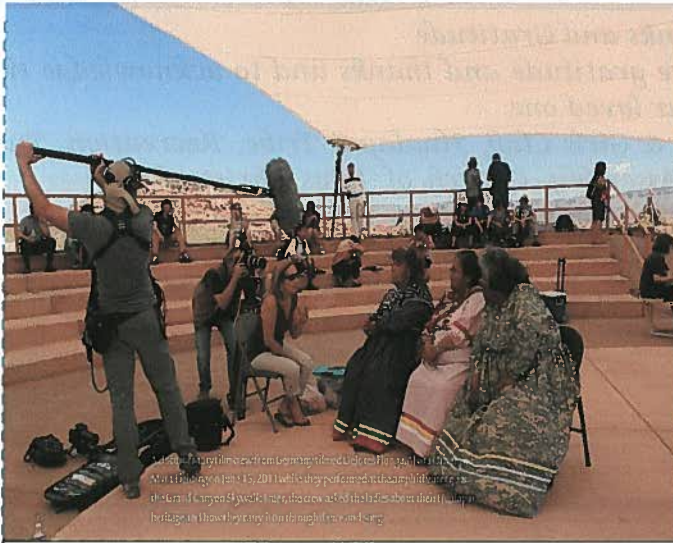
Love always, Carissa and Mandell

Happy Birthday

Just wanted to say "I hope you have a great birthday Aunt Gloria"

Love you, Michelle & kids





Grand Canyon Skywalk General Manager Ted Quasula and Grand Canyon West Ambassador Wilfred Whatoname Jr. with Delores Honga, Alvira Otten and Myra Fielding, on June 15, 2011 after they completed an interview with a German film crew about the Skywalk, the Hualapai people and Grand Canyon West.

A documentary film crew from Germany filmed Delores Honga, Alvira Otten and Myra Fielding on June 15, 2011 while they performed at the amphitheater near the Grand Canyon Skywalk. Later the crew asked the ladies about their Hualapai heritage and how they carry it on through dance and song.

Grand Canyon Skywalk General Manager Ted Quasula and Grand Canyon West Ambassador Wilfred Whatoname, Jr. with Delores Honga, Alvira Otten and Myra Fielding on June 15, 2011 after they completed an interview with a German film crew about the Skywalk, the Hualapai people and Grand Canyon West.

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